



A MINUTE OF HEALTH WITH CDC

Early to Rise

*School Start Times for Middle School and High School Students – United States, 2011-12
School Year*

Recorded: August 18, 2015; posted: August 20, 2015

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Getting enough sleep is important for the development of young bodies and minds. Teenagers need at least eight hours of sleep every night. Homework, extracurricular activities, and changing biological rhythms often result in students going to bed too late. Five out of six middle and high schools in the U.S. begin before 8:30 AM. Because of early school start times, many students aren't getting enough rest before classes. School systems should consider delaying start times to allow students more time for sleep. Meanwhile, parents should help their children keep a consistent sleep schedule and limit access to electronics in the evening.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.